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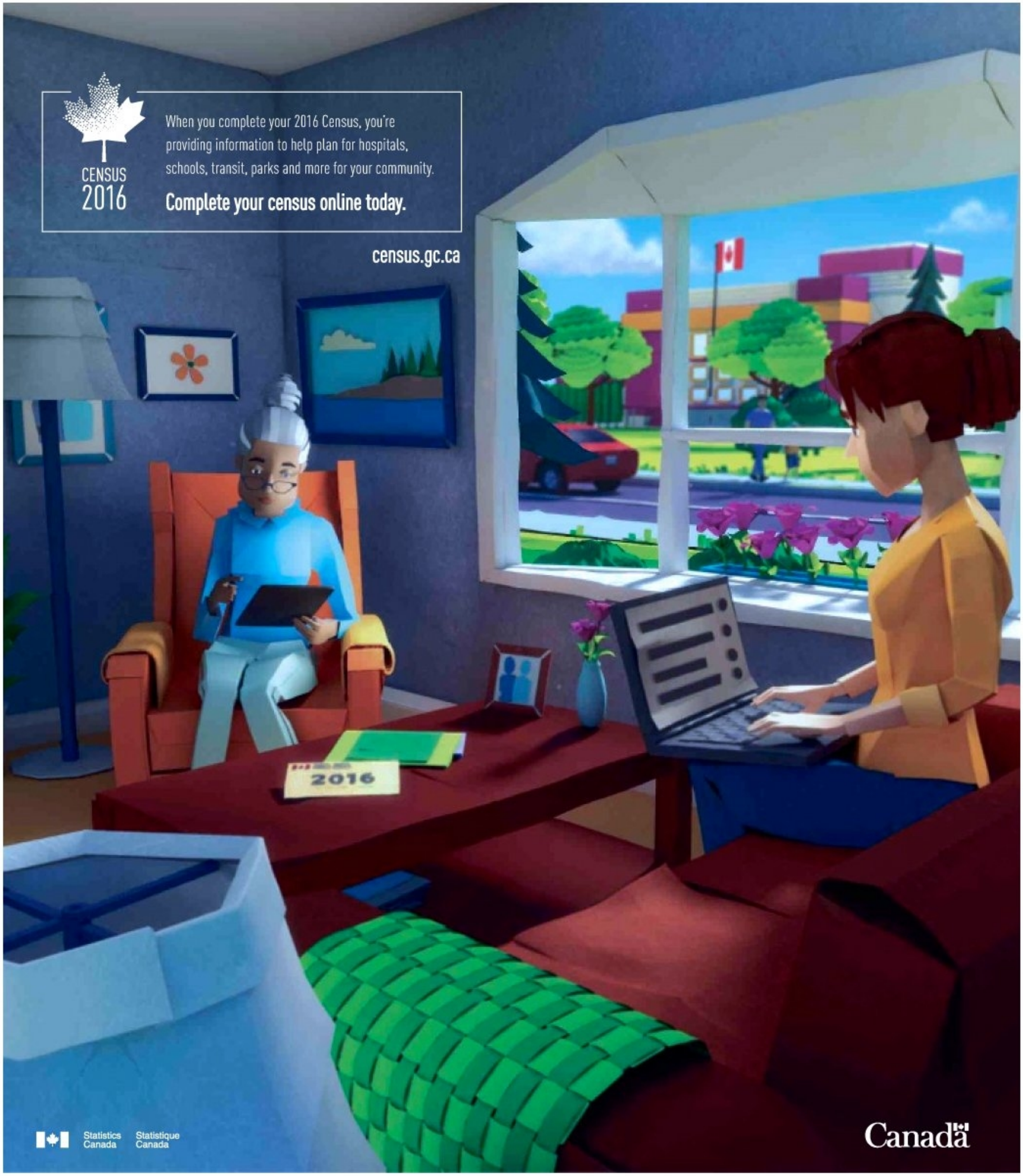
TUESDAY, MAY 10, 2016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FORT MCMURRAY
On losing the museum of one's life to fire
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Overfull jail curbs access to lawyers

JUSTICE SYSTEM

Accused can wait up to two weeks for meetings

Joe Lofaro
Metro | Ottawa

Overcrowding at the Ottawa jail is not only forcing some inmates presumed to be innocent to be double- or triple-bunked in their cells, but it's also interfering with their right to meet with their lawyers.

Defence lawyer Paolo Giancaterino said sometimes there aren't enough consultation rooms available at the Ottawa-Carleton Detention Centre (OCDC) for lawyers who need to meet with their clients to go over their cases.

In some cases, lawyers can wait two weeks just to sit down with an accused and go over their case before trial.

"I still think it's a big problem," said Giancaterino.

"It's fundamental to counsel's duty as a lawyer to ensure that their client knows what the case is against them, to know what the evidence is against them, and as well to get proper instructions as to how they want to proceed and prepare for trial. It's a huge part of the process."

When there are no rooms available, lawyers have no choice but to meet between a pane of glass.

"So here's a situation where you have a lawyer trying to properly prepare a client for an upcoming trial … and you can't even flip documents to one another. You're behind glass talking on the phone," he said.

To make matters worse, when the jail is on lockdown, visits and phone calls are cancelled.

Giancaterino said the correctional officers do their best to accommodate lawyers trying to do their jobs and said the access issues are a symptom of overcrowding and a "risk averse" bail system that keeps more people behind bars.

He plans to raise the issue at a public forum on Thursday night organized by MOMS, an inmate advocacy group led by mothers of current and former prisoners.

Other speakers include Michael Spratt, another defence lawyer, and three former prisoners, including Julie Bilotta — the woman who was forced to give birth on the floor of a cell at the OCDC in 2012.

Community Safety Minister Yasir Naqvi, also on the speakers list, has created a task force to specifically address overcrowding. The 13-member group is expected to develop an action plan by June 1.

A burned-out house and others still intact in the Abasand neighbourhood of Fort McMurray. JONATHAN HAYWARD/THE CANADIAN PRESS

The new Fort McMurray

What's been lost, and spared, in an ocean of fire

Ryan Tumilty
Metro | Edmonton

IN FORT MCMURRAY

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UN aims to "change the narrative" on migrants and refugees. **World**

Councillor seeks guidance on Loblaws land proposal

DEVELOPMENT

Two six-storey towers to hold rental spaces for seniors

Lucy Scholey
Metro | Ottawa

An additional seniors' residence planned for the site on 190 Richmond Rd. CONTRIBUTED

Longtime Westboro residents will remember the development controversy behind the big Loblaws grocery store.

Now, almost 16 years later, an Ottawa city councillor is piloting a new online consultation tool to hear what people think about an additional seniors' residence planned for the site on 190 Richmond Rd.

Choice Properties REIT, which owns the Real Canadian Superstore property on Richmond and Kirkwood Avenue, is proposing two connected six-storey towers for that site. The plan includes 193 rental spaces for seniors, including assisted living. It would front onto Kirkwood, with room for 109 below-ground parking spaces and 48 bike spots.

Kitchissippi Coun. Jeff Leiper has enlisted Milieu, a new Ottawa-based consulting firm, to create a website and gather feedback on the development. The $5,000 pilot project is coming out of his office budget.

It's partly for Leiper's own sake. While the outspoken councillor is usually quick to say whether he approves of a development plan, he has yet to make up his mind on this proposal.

"I don't have a sense, right now, of what the mainstream thinking is about this development," he said, adding that he has heard from residents who are both wary of the height and intrigued by the idea of a seniors' residence in the neighbourhood.

"We know that density is coming in Westboro," said Leiper. "We know that intensification is coming, and the challenge is to keep the scale that is appropriate for the neighbourhood."

Leiper will also send the feedback to city planners working on the file.

That Loblaws site has a complicated history. In 2000, councillors voted in favour of the controversial store, which was seen by many as a giant grocer in a then-sleepy neighbourhood. At the time, there was a residential component on the plate, albeit in the form of townhouses. Some neighbours say the seniors' homes should be kept to the original scale.

Leiper said Choice Properties has submitted the application for the proposal, but the project likely will not go before the planning committee until the fall.

Kim Lee, Choice Properties' vice-president of investor relations, said the plan could still be tweaked before then. Last week, community members met at the Churchill Seniors Recreation Centre to hear more about the plan. A second public consultation is tentatively planned for June.

Lee said the project "expands the community's offering of living alternatives within a vibrant neighbourhood."

MILIEU

App lets you skip that open house

Haley Ritchie
Metro | Ottawa

Kitchissippi Coun. Jeff Leiper is test-driving a new online tool called Milieu to get feedback about the new development at 190 Richmond Rd.

The city partly relies on a development application search tool to post its planning documents. Leiper said it can be difficult for ordinary citizens to use.

"There's not a lot of pointers for people about what the various different documents mean," he said. "I'm trying (Milieu) out as a way to create a bigger conversation online."

The app, available on desktop and mobile, allows residents to view a long list of development projects, which are mapped by neighbourhood.

Clicking on a development will take you to a page showing the address, images and status of the development and planning documents from city hall.

The idea is to open up the traditional consultation process of open houses and public hearings, which take a time commitment not all residents are able to give to municipal planning issues.

The app also allows people to leave comments and vote in polls to give feedback to councillors and planning staff.

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TRANSIT

Commission seeks help from province

Could the province be the white knight for Ottawa's low-income transit pass?

Blair Crew, the citizen transit commissioner, certainly hopes so after he successfully passed a motion Monday asking the province to cover the costs of a new transit pass for Ottawa's working poor.

That could amount to $3.3 million, if the city pursues a steep 62 per cent, or $1.3 million for a 24 per cent discount, a staff report found.

While the motion carried unanimously, commission chairman Coun. Stephen Blais was skeptical the province will actually pony up.

"The province is currently considering a multi-million dollar tax increase on the Presto card, and it's not clear to me that you would then have any available funds to fund this program," Blais said.

He was referring to ongoing contract negotiations to replace the city's Presto agreement, which expires this fall.

The provincially-owned Presto program currently takes a two per cent surcharge from every fare, but the province wants more. Blais wouldn't say how much more.

Ottawa-Centre MPP Yasir Naqvi wasn't available for comment.

Trevor Haché, spokesperson for the Healthy Transportation Coalition, said the city could do better than simply "pass the buck" to another level of government.

"Last time I checked, both the province and the federal government were in pretty challenging financial positions, too," Haché said.

If the province doesn't pay, the extra money would have to come from increased taxes or higher fares.

EMMA JACKSON/METRO

CONSTRUCTION

Parliament Station is fully excavated

The digging is done at Parliament Station.

Chewrocka, one of three roadheaders carving out the 2.5-kilometre tunnel, has finished digging out the cavern for the future Parliament station, which will be located at O'Connor and Queen Streets. Lyon station has also been fully excavated, leaving just Rideau station to finish.

It still doesn't look like much; rail implementation director Steve Cripps said it looks like "a big cave."

But not for long. With excavation out of the way, crews can start pouring concrete and building the station, which is expected to have the highest traffic on the entire line, Cripps said.

Station construction will start this fall, and should take about a year. Residents can already see some surface-level impacts.

"There's construction visible all along Queen Street as we're doing the integrated station entrances," Cripps said. The station will connect with the Sun Life building.

Vents are also being installed along the street for the tunnel's air shafts.

Progress is visible all down the line, Cripps added.

Tracks and stations are well underway in the east end, and by year's end all 13 stations will be under construction. All excavation work will be finished by the summer. EMMA JACKSON/METRO

The Ottawa Senators do not support a city plan to recover costs for operating transit to the Canadian Tire Centre through hockey and event tickets. THE CANADIAN PRESS

City's transit plans met with resistance

POLITICS

Event planners refusing to pay up for service to their events

Emma Jackson
Metro | Ottawa

The Sens aren't hopping on board a city plan to roll transit into the price of hockey and event tickets.

OC Transpo managers were asked last fall to discuss implementing a cost-recovery plan for the Canadian Tire Centre, similar to the Lansdowne Park system that rolls bus fare into special event tickets.

But the Ottawa Senators aren't interested, city staff confirmed Monday.

The arena's original site plan agreement stipulates the city must provide transit to the Kanata venue, the city's general manager of transit services John Manconi explained.

Citing empty coffers, the Sens management aren't willing to "change the model" to absorb the approximately $432,000 it costs each year to provide extra transit service during major concerts or hockey games, Manconi said.

Instead, the city will have to continue staff freezes and cuts to discretionary spending to find the money.

> **The hypocrisy at the moment is appalling.**
> Coun. Stephen Blais

The Sens aren't the only event planners annoyed with the city's attempts to recoup costs.

Ottawa Bluesfest management has been resisting a deal that would require them to pay about $200,000 for the extra transit to its 10-day music festival at LeBreton Flats.

The city's special events permit requires festivals to pay for any additional transit service to get guests to and from their event. But even though the city has a by-law to back it up, Manconi said an agreement still hasn't been reached.

"We're still trying to finalize some terms," he said.

The issue caused some friction around the transit commission table Monday, as Coun. Jeff Leiper accused the city of nickel-and-diming Bluesfest, a non-profit festival that has significant economic and cultural impact.

But commission chairman Coun. Stephen Blais retorted that councillors who support a low-income transit pass — and who would raise taxes on the middle class to do it — shouldn't defend multi-million dollar organizations.

"The hypocrisy at the moment is appalling," he said.

Leiper said later that of all the multimillionaires who should pay for special transit services, "I'd suggest taking a look at the bench of the Ottawa Senators."

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Planet viewing party on Parliament Hill

Hopeful astronomy enthusiasts gather around a telescope for a chance to see Mercury. HALEY RITCHIE / METRO

STARGAZING

Astronomers kick off science week with a view of Mercury

Haley Ritchie
Metro | Ottawa

One star, one planet, 25 telescopes and 32 volunteers: astronomy enthusiasts kicked off a week of science celebrations on Monday watching Mercury pass in front of the sun.

Mercury was in "transit" on Monday, making the usually tough-to-spot planet visible to telescopes. It looked like a small black dot on the surface of the sun as it passed in front.

Members of Ottawa Centre branch of the Royal Astronomical Society of Canada were invited to share the rare sight with members of the public on the lawn of Parliament.

Mike Moghadam, one of the organizers of the event, said it was one of their biggest turnouts. The group usually holds free "star parties" in the parking lot of the Carp library.

"This is probably the finest array of telescopes in Ottawa brought together at one time. We're really, really pleased," he said.

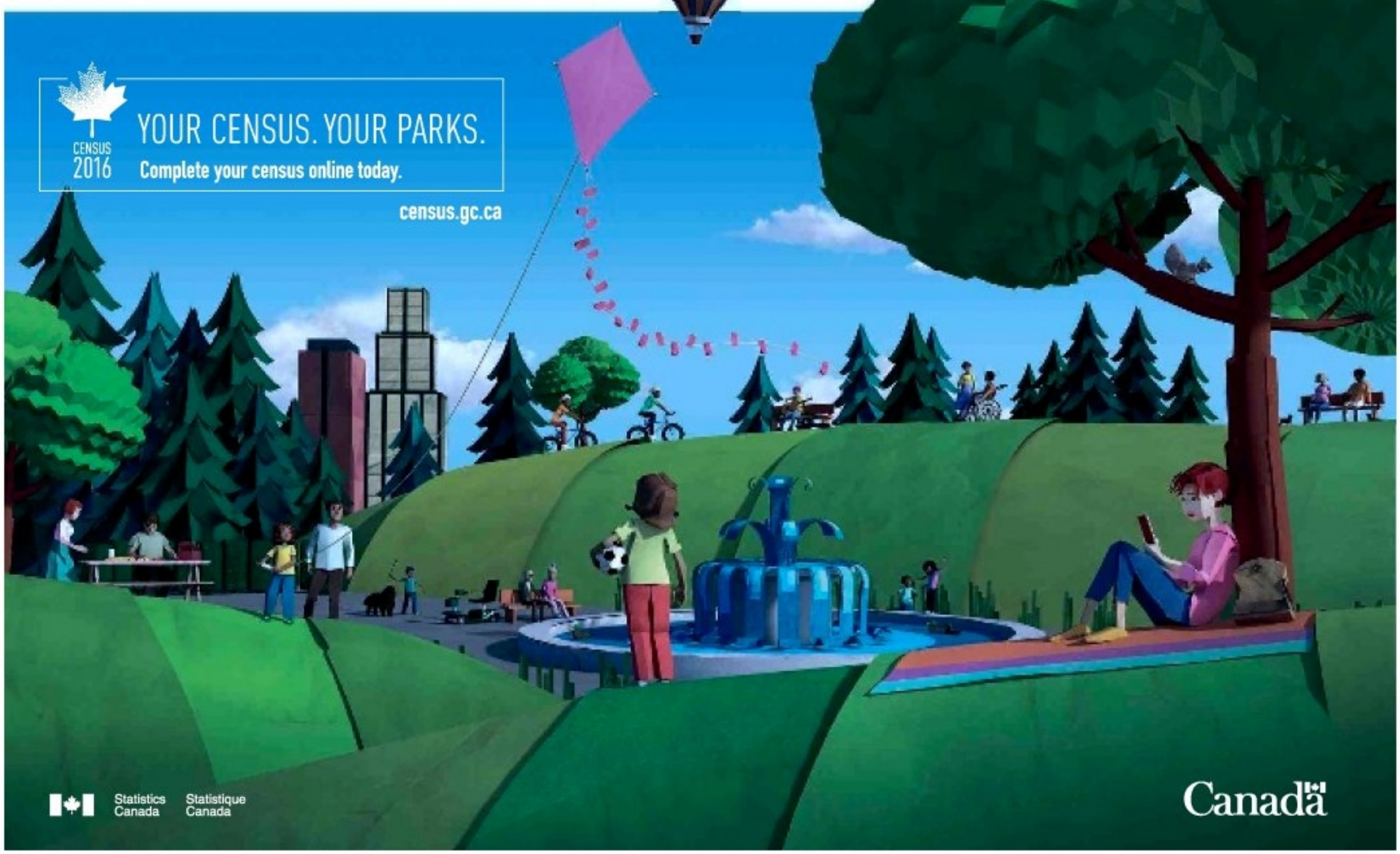
He estimated around 2,000 people had come by around 1:30 p.m. to look into the telescopes and see robotic space rovers from the Canadian Space Agency.

The Canada Science and Technology Museum's Science Mobile was also on hand conducting fun experiments.

Transportation Minister Marc Garneau and Science Minister Kirsty Duncan were also at the event.

The ministers were kicking off the federal government's Science Odyssey, a 10-day series of nationwide science events and activities.

"Thank you for lending your telescopes and helping us see this remarkable event," said Duncan.



900 ALBERT STREET

Parking mars proposal, councillor says

A proposal for 900 Albert St. has its ward councillor concerned that the developer might be trying to use LRT to justify density — and density to justify increased parking.

Trinity Development Group is proposing a mixed-use development with 19,800 square metres of commercial space and 1,400 residential units.

The lot is located at the north-west corner of Albert Street and City Centre Avenue, and is adjacent to the future LRT Bayview Station where the Confederation Line and Trillium Line will intersect.

To fit it all in, the developer is proposing two 55-storey towers with commercial and parking in the first five storeys and residential above.

Somerset ward Coun. Catherine McKenney said in an interview that although the development is in the early stages, she has some concerns and a bit of a wish list for the project.

"I really do feel that there is too much parking that is proposed," McKenney said.

"To go up that high and put in that kind of density, you can't use the LRT as the justification for that and then use that height to justify parking," she said.

McKenney also doesn't want the site to be used for spillover for other areas, such as LeBreton Flats when it's developed.

According to Douglas James, the city's program manager of development review, Trinity is also pursuing air rights over the O-Train corridor.

If that were granted, the entire development would include four towers with approximately 2,000 residential units, office space and 54,000 square metres of commercial space.

MELISSA MURRAY/METROLAND MEDIA

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Former Liberal MPP Kim Craitor insists allegations of sexual harassment are unfounded. TORSTAR NEWS SERVICE

Accuser not muzzled, Wynne says

SEXUAL HARASSMENT

Premier says complainant asked for confidentiality

Ontario's governing Liberals deny suggestions that a woman who accused a now-former member of the legislature of workplace sexual harassment is prevented from speaking out about it.

Premier Kathleen Wynne revealed Friday that former Liberal MPP Kim Craitor was asked to resign in 2013 after workplace sexual harassment complaints were made against him, and she felt action needed to be taken after receiving the results of an independent investigation.

Craitor, now a city councillor in Niagara Falls, has not responded to several messages from The Canadian Press, but he told the Niagara Falls Review that the allegations were "unfounded and unsubstantiated."

A woman who worked in Craitor's office told the paper she disputed his suggestion the allegations were "unfounded," but that she was bound by a non-disclosure agreement and couldn't say more.

Both opposition parties took that to mean that the woman was muzzled by the government, but Wynne denied that in Question Period and suggested the woman herself asked for the agreement.

"The woman came forward and she is free to talk and tell her story as she sees fit," Wynne said.

"These questions demean the experience of women who make complaints. When a complainant suggests that a confidentiality agreement be part of a resolution then of course we agree to that."

Craitor also told the newspaper that the Liberal party paid the complainants "to keep the allegations quiet." But Deputy Premier Deb Matthews said severance was "completely separate" from any confidentiality deal.

Wynne had been under pressure to name caucus members she has disciplined over accusations of inappropriate behaviour, after she admitted there have been a "couple instances."

THE CANADIAN PRESS

IN BRIEF

Missing Ottawa man found dead

A 37-year-old Ottawa man missing since March has been found dead.

Police say Mathieu Trudel was found Friday, adding that no foul play is suspected.

Trudel went missing on March 2. He was last seen in Gatineau.

Police said at the time that his family was concerned for his safety.

THE CANADIAN PRESS

Adjusting to life off the ice

SPORTS INJURIES

Concussions bring NHL player home to Kanata

Like so many hockey players, competing in the NHL was Darroll Powe's dream.

Standing just five foot 11 inches and never a "first line guy" by his own admission, Powe made it to pro hockey anyway — a dream come true and born of hard work and a passion for the game.

The 30-year-old had a career playing for the Philadelphia Flyers, the Minnesota Wild and the New York Rangers, and some of their American Hockey League farm teams, from 2006 to 2015. But more frequent and worsening concussions shook him awake and out of the dream.

He returned home to Kanata to settle down and work a desk job in February.

So far Powe says he doesn't feel any fallout from the many concussions he sustained, though he notes it may be too early to tell for sure. He admits he has been lucky compared to others.

Retired NHL player Darroll Powe, centre left, stands with country music superstar Garth Brooks during his Teammates for Kids Foundation ProCamp in Stittsville in April. JOHN CURRY/METROLAND MEDIA

Despite his physical style of play, injuries were rarely a problem for Powe, except when it came to concussions, which eventually convinced him to leave hockey.

Though he can't put a number on how many he has had, he says they ranged from a concussion or two in high school — which at the time he probably would have denied — to a recurring and worsening injury that kept him out of commission for months near the end of his career.

> **"I spent half of my last season in a dark room or just frustrated with how I was feeling.**
> Darroll Powe

"I guess my first bad one was my third game in the NHL," said Powe. "And it was an innocent play. It was actually my linemate who went to go hit a guy and I was kind of caught in between them and the boards and went in head first, and it wasn't fun."

Powe continued to play and continued to love the competition and camaraderie of the NHL, but the concussions kept coming.

"They dragged out longer and longer and symptoms kept getting worse as things went on, to the point where I spent half of my last season in a dark room or just frustrated with how I was feeling," said Powe. "So it was time."

ADAM KVETON/METROLAND MEDIA

CANADA 150

New tulip unveiled for 2017

The National Capital Commission unveiled a special Canada 150 red-and-white tulip on Monday to celebrate Canada's sesquicentennial in 2017.

The flowers are making a bit of an early appearance. This year, 200,000 of the special blooms — said to resemble a Canadian flag — will be incorporated into the official gardens.

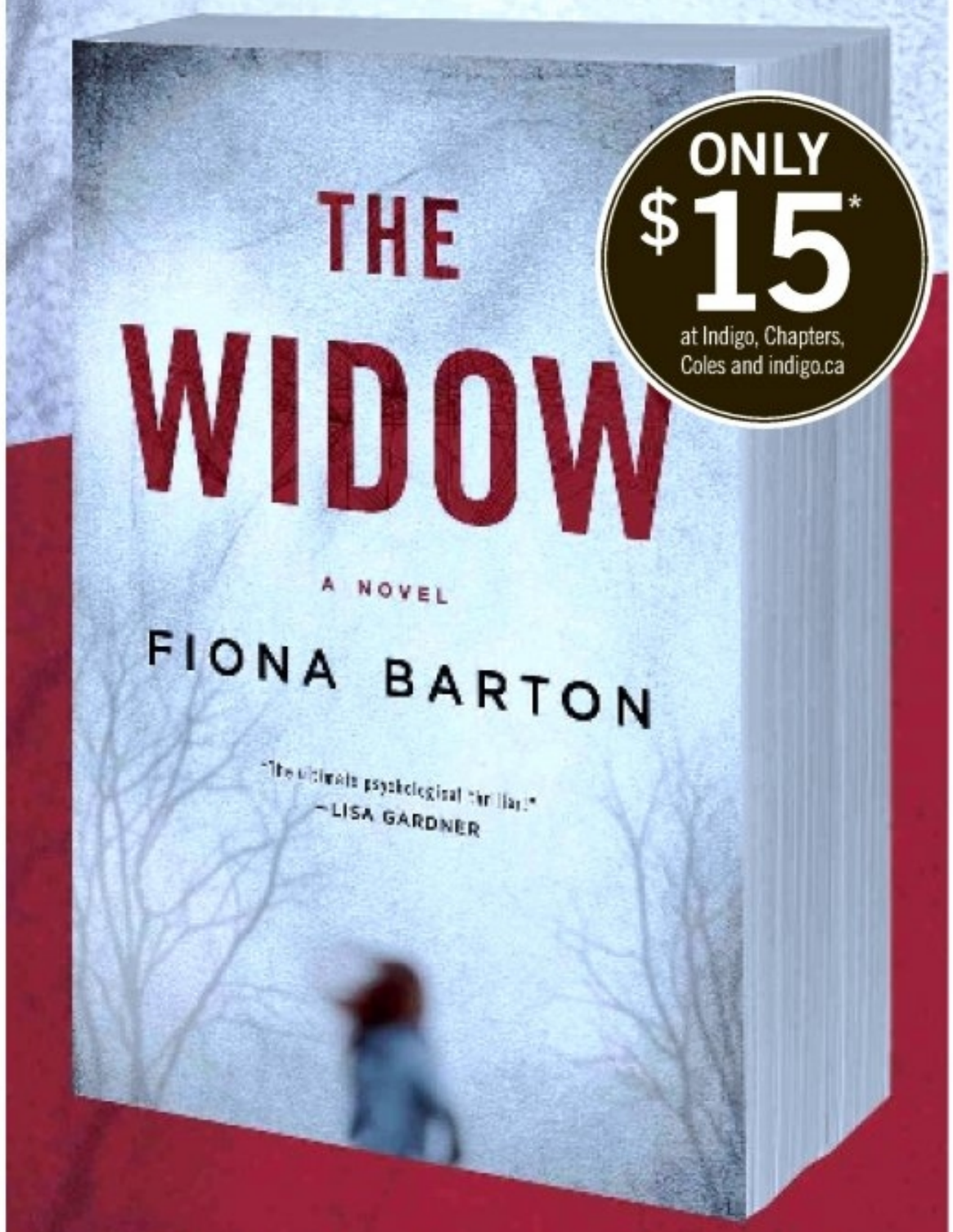
Next year, an additional 100,000 will be added for the 2017 celebrations.

The flower was unveiled at Commissioners Park Monday with Dutch ambassador Cees Kole, Ottawa South MP David McGuinty, and National Capital Commission CEO Mark Kristmanson.

The flower isn't just for official gardens: People across the country are being encouraged to add it to their own gardens this year. The flowers can be purchased at Home Hardware starting in September.

The 71st Canadian Tulip Festival will begin this week on May 12. HALEY RITCHIE/METRO

"If you liked GONE GIRL and THE GIRL ON THE TRAIN, you might want to pick up THE WIDOW... ENGROSSING. SUSPENSEFUL."
-STEPHEN KING



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Serge Morin, of the Great Canadian Poutinerie, is among the St. Albert Cheese PoutineFest vendors donating to the Red Cross in support of Fort McMurray. LUCY SCHOLEY / METRO

PoutineFest gives $3k to Red Cross

CHARITY

Vendors match tips at festival to support wildfire relief

Lucy Scholey
Metro | Ottawa

That triple-meat poutine you had for lunch at city hall on the weekend was not only good for the taste buds (albeit bad for the heart), but the coins you left in the tip jar may fuel a worthy cause.

Several vendors from the St. Albert Cheese PoutineFest, which was held May 5-8, have decided to match their tips and send the proceeds to the Canadian Red Cross in support of those who have fled the raging forest fires in Fort McMurray.

"We just can't leave them hanging. We need to pull together and help them out," said Fadi Baroud, owner of Fadi's Fabulous Foods, who got the ball rolling on the donations. Not wanting to skirt his employees of their tips, he decided to match the $300 from the jar and send it off.

Festival director Les Gagne figures the five vendors who are donating — Smokin R&Rs, Green Papaya, the Great Canadian Poutinerie, the Upper Deck and Baroud — are pitching in a combined $3,000 for Fort Mac.

That includes about $600 in donations from Thursday evening, when the festival tried to break the Guinness World Record for the world's largest poutine (weighing in at 3,100 lbs.). And $400 from the festival itself.

"It was sort of a no-brainer," said Gagne, on donating to Fort McMurray.

There were close to 30 vendors at this year's PoutineFest, which attracted roughly 50,000 hungry patrons over the four days. There may be more vendors who decide to pitch in.

In 2014, when Gagne was still running the poutine festival on Sparks Street, vendors similarly made donations to the family of Cpl. Nathan Cirillo, the reservist who was shot and killed while on duty at the National War Memorial in October of that year.

As of last Thursday, the Canadian Red Cross raised $11 million for Fort McMurray residents.

The federal and Alberta governments have each said they will match the Red Cross donations. Alberta Premier Rachel Notley also said the province would pitch in an additional $2 million.

About 88,000 people in Fort McMurray fled their homes during the mandatory evacuation last week. Officials say at least 1,600 homes burned.

> We can't just leave them hanging. We need to pull together and help them out. Fadi Baroud

TRAGEDY

Belleville native unsure if he has a home, job to return to

Tom Hiddleston's a Belleville boy, born and raised.

But, right now his heart is focused on his new home in Fort McMurray.

"I don't know if I've got a place to go back to, or even a job to go back to," said Hiddleston, 63, in an interview with Torstar News Service while at home in Belleville on a visit to friends and family.

Hiddleston, who worked with young offenders and later drove a bus for Coach Canada while living in Belleville, moved to the oil town two and a half years ago. Now, he doesn't know if he'll ever be able to go back to the job he has there driving buses of workers to and from oilsands projects in the fields around Fort Mac.

His employer may have lost a shop in the wildfires that have gobbled up swaths of the north Alberta city.

He has received a text from his landlord, but he can tell him nothing, because he has evacuated to Edmonton.

He has seen the news footage of the fires and the simple state of not knowing what is happening back in Fort Mac gnaws at him.

He feels particularly for his landlord and his family.

"For all I know it could be gone, but for our landlord's sake, I really hope not."

TORSTAR NEWS SERVICE

Beacon Hill stands with Beacon Hill

DONATIONS

Parallel name prompts locals to start pair of fundraisers

Emma Jackson
Metro | Ottawa

Ottawa's Beacon Hill neighbourhood is pulling together for the Alberta neighbourhood of the same name.

Two "Beacon Hill for Beacon Hill" fundraisers are in the works to help displaced residents. The southwest Fort McMurray neighbourhood was razed by the massive wildfire that swept through the oilsands city last week.

Officials estimate up to 80 per cent of Beacon Hill homes were destroyed. Photos show a barren wasteland of burnt-out trucks and gnarled foundations.

The parallel name prompted local residents to reach out to Beacon Hill-Cyrville Coun. Tim Tierney.

"I had a lot of messages from residents saying, 'How can we help?'" Tierney said. "It triggered a lot of people who wanted to take part."

So he started planning fundraisers.

The obvious place to start was with Ottawa Senators defenceman Chris Phillips, who hails from the destroyed Fort Mac neighbourhood, Tierney said.

The hockey player also partially owns the Big Rig brew pub, which has already committed to donating proceeds to the Red Cross.

Tierney is "piggy backing" on that effort to host a special event at its east-end location sometime this month, with raffles, speeches and an appearance from Phillips himself.

While event details aren't settled — the date's not set, nor is the VIP list — Tierney said the focus is on bringing Beacon Hill residents out to support their Albertan brethren.

A second event, called Beacon Hill for Beacon Hill Skate and Donate, is also underway. Tierney envisions a free family skating party at the Richcraft Sensplex, with appearances from a few NHL players.

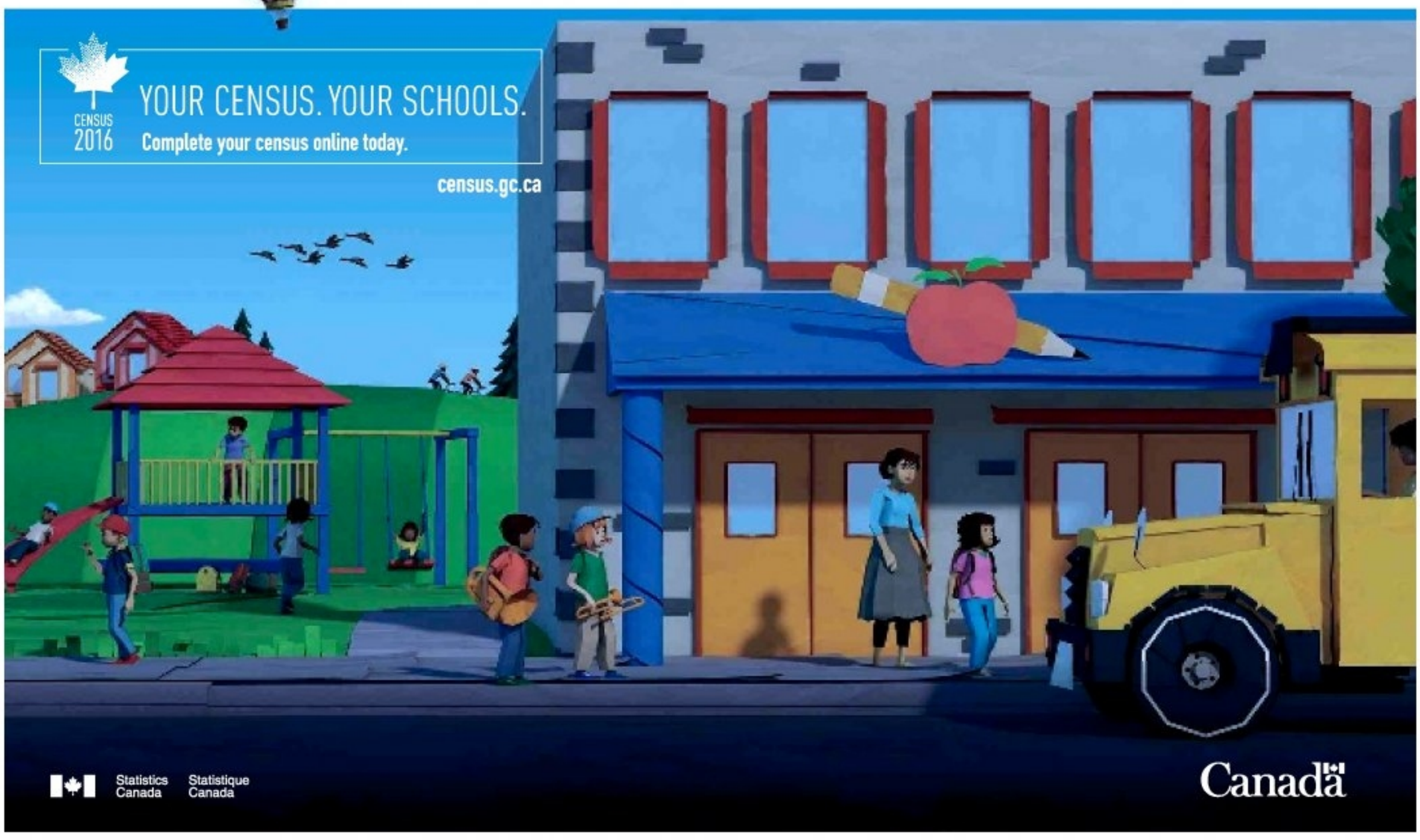
"That's the hope," he said. "We're trying to tie down which players and how that would look."

All money raised would go to the Red Cross. While Tierney said it's unlikely they'll be able to send the money directly to Beacon Hill families, he has no doubt it will get there.

"The stats speak for themselves," he said. "Eighty per cent of Beacon Hill in Fort Mac was destroyed, so naturally most of the money will go there anyway."

Follow #beaconhill4beaconhill for event details and updates.

A child's bicycle sits unscathed outside fire-gutted homes in the Beacon Hill neighbourhood of Fort McMurray, which remains empty as a wildfire threatens the city. TYLER HICKS/THE NEW YORK TIMES



BUILDINGS

‘Dedication’ saves 90% of city: Notley

Alberta Premier Rachel Notley says the “ocean of fire” that hit Fort McMurray burned about 10 per cent of the buildings, but the hard work of firefighters saved the bulk of the city so it can be rebuilt.

“The fast action and the hard work and the dedication and the smarts of these first responders has, it appears, saved almost 90 per cent of the city of First McMurray,” she said Monday after a ground tour of the devastation.

All 80,000 residents ordered out last Tuesday will have to wait at least two weeks to hear when they might be allowed to return.

Regional fire Chief Darby Allen said the speed and rapid growth of last week’s wildfire was unprecedented.

“I truly believe nothing else could have been done that wasn’t done to protect the people and the structures within our city,” said Allen. “They’re rewriting their formulas on how fires behave based on this fire.”

25K

Notley said 2,400 buildings were torched, but 25,000 were saved, including the hospital, municipal buildings and schools.

Much of the downtown and the water treatment plant are intact.

“This city will emerge from this emergency with real structural resiliency with most of its critical infrastructure saved,” said Notley. “This city was surrounded by an ocean of fire only a few days ago, but Fort McMurray and the surrounding communities have been saved and they will be rebuilt.”

But Notley reiterated that the community is not yet safe for people to return. Hot spots remain and large sections of the city don’t have power, gas or water. She said a plan is to be developed over the next two weeks for the orderly and safe return of residents. THE CANADIAN PRESS

Destroyed trucks sit in Fort McMurray’s Beacon Hill neighbourhood during a media tour of the fire-damaged city on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

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Fellowship shines on front lines

EMERGENCY RESPONSE

Firefighters describe ‘small victories’ amid exhaustion

Lucie Edwardson
Metro | Calgary

Dave Stirling and the other men of the ladder 4 Fort McMurray fire crew have been battling the wildfire since last Tuesday.

The wildfire has displaced nearly 88,000 people and has been estimated to cover upwards of 110,000 hectares — destroying the homes of thousands.

Stirling said it’s a feeling of camaraderie that’s motivating the crews, who are running on little sleep and have seen a lot of the city they love reduced to rubble.

“Just feeling tired,” he said. “The sense of community and seeing all the brothers and sisters work together up here eases the pain.”

Stirling said their sense of duty is propelling them during the hardest battle of their careers.

“We’re doing what we love. We didn’t chose this profession because of glory or fame,” he said. “It’s not just a job or a career, it’s a life choice and everyone up here is doing what they in their hearts want to do — serve and protect.”

As the fire continues to grow, Stirling said those on the front lines are doing what they can to keep motivated.

“We’re just finding small victories and staying positive with the brothers and sisters all working together,” he said. “It’s s—y, but there’s no sense dwelling on it. We all know it’s an uphill battle, but we have a job to do.”

As firefighters from other cities, provinces and even countries have arrived to help, Stirling said it’s highlighted the fraternal nature of the brigade.

“Having the brothers and sisters fighting alongside us from all over is a huge support and means the world to us,” he said. “We can’t thank them enough for the sacrifices they’re making for us.”

> **We all know it’s an uphill battle, but we have a job to do.**
> Dave Stirling

“It’s a part of the firefighting brotherhood — it’s a huge worldwide family,” he added. “It’s too bad it takes an emergency like this for everyone outside of our community to see that.”

Austen Tanney, a firefighter from High River, described the fire as “desperate,” but said things are beginning to look up.

“The conditions are improving with visibility increasing but the winds have increased fanning the fire further east,” he said. “I’m just proud of our province in coming together and I’m thankful for the opportunity to be here making a difference on the front line.”

The cruel randomness of fire

DAMAGE

School stands amid gutted homes in one neighbourhood

Ryan Tumilty
Metro | Edmonton

Inside Fort McMurray, the raw cruelty that last week's fire wielded, forcing 88,000 people to flee, is front and centre.

But the cruel randomness of it all is also on display.

In Abasand, one of the most badly burned neighbourhoods, the Ecole Boreal and its swing sets and playgrounds sit empty and undamaged, as if waiting for children to come back.

All around the school are homes reduced to empty shells: stoves and BBQs just barely recognizable and at one foundation, a charred skeleton of a bike securely chained at another.

The school stands but the walls, bedrooms, roofs of houses — the very places the school's children lived — are gone.

A burned-out barbecue is shown in the Abasand neighbourhood of Fort McMurray on Monday.
JONATHAN HAYWARD/THE CANADIAN PRESS

The school wasn't alone in surviving despite its surroundings: Many homes in the neighbourhood were spared, often just across the street from another that was destroyed.

On a media tour of Fort McMurray Monday, reporters from around the world witnessed firsthand how the massive blaze, which continues to grow outside the city, has gutted a community.

If the damage in Abasand is arbitrary, in Beacon Hill it is complete.

The sign entering the community stands, and so do its bus stations, but row upon row of homes have only their basements remaining. The cars are torched, tires melted. Only the sidewalks and the driveways give hint at what was here before.

> Fort McMurray is still alive. We are here. We are ready for the future.
> Fire Chief Darby Allen

Fire Chief Darby Allen said the random homes that were saved were the result of hard work by firefighters.

"It was specific firefighter operations internally that stopped the spread of the fire," he said.

But in Beacon Hill, he said, they simply didn't have time.

His Birmingham accent might suggest otherwise, but Allen has called Fort McMurray home since 2009 and has been its fire chief for the last three and a half years.

Knowing his neighbours would be seeing the tragedy unfold on newscasts, Allen was stoic on the media tour and sent a message to the evacuees across the province.

"Fort McMurray is still alive. We are here. We are ready for the future," he said.

Even as he guided the media tour, Allen said he didn't want the spotlight to fall on him, refusing even to say the word "hero."

"I don't want this to be about that H word and Darby Allen," he said.

Allen said the real heroes of the community were the men and women on the front lines, including one local firefighter who found himself in a losing battle to save his own home.

Allen said when hope was lost for his house he didn't stop.

"He didn't drop his nozzle. He moved to his neighbour's house."

MISSING

Father, son reunite after fleeing flames

Two days after the Fort McMurray wildfire destroyed much of the city, Dion Hasad had no idea if his dad, Ken, was still trapped among the rubble.

"While we were fleeing, I called my dad and said, 'Dad, get out now. Get out now,'" Hasad recalled, adding his father has a form of dementia.

"He was like, 'No one has evacuated us.' And I was like, 'I can't come back downtown because they won't let me in.'"

> **I'm the oldest sibling, so it's my job to deal with these things.**
> Dion Hasad

Dion's friends also waited outside Ken's driveway, hollering at him to come down and escape. But they also had to flee.

It wasn't until the very last moment that Ken hopped in his old pickup and left for Anzac, after noticing the city was in serious trouble.

At that point, Dion said he had no idea if his dad was safe, so he posted on Facebook that Ken was missing.

"That's where panic kicked in," he said. "I can't find my dad, and I don't know if he's being stubborn as usual or if he was seriously stuck.

"I just kept saying, 'I need to find him. I need to find him.'"

Turns out Ken had a few bumps while making his way to Anzac.

Dion said he ran out of gas in Wandering River, but that didn't stop him from meeting other evacuees and lending a helping hand.

"A guy who saw my Facebook post called me and said, 'Your dad gave us a jerry can of gas. He's all right," Dion said. "I was like, 'Ok, good — he's being the normal warm-hearted guy most people know him to be.'"

Dion then called a friend in the area to pick Ken up and drive him to Cold Lake.

"He didn't say much. It was just a hug and a thank you," Dion said. "I'm the oldest sibling, so it's my job to deal with these things."

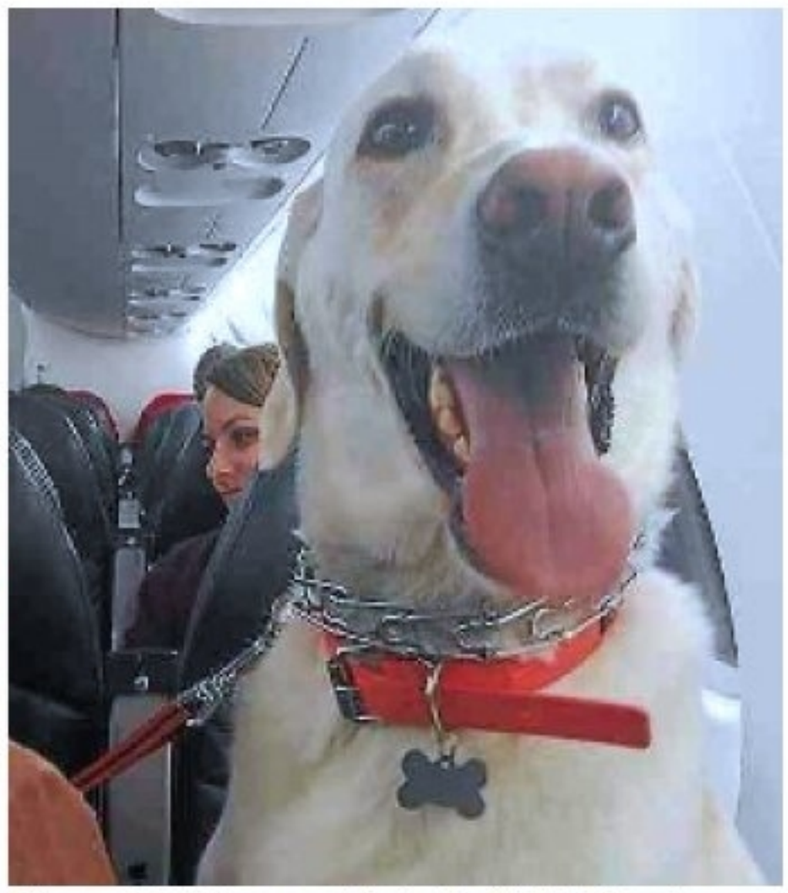
Dion said he's scheduled to volunteer with the relief effort when officials re-open the city to residents.

"Fort Mac Strong. God bless," he said. "Materials can be replaced. I just thank you to all the first responders out there."

JEREMY SIMES/FOR METRO

Dion Hasad, right, was worried his dad, Ken, didn't make it out of Fort McMurray as the city began to burn. COURTESY DION HASAD

Pauline Gebbie holds a hedgehog during the massive animal expedition. COURTESY KEITH MANN



This pooch had his own seat during the flight to Edmonton. COURTESY KEITH MANN

Pilot breaks rules to fly animals to shelters

RESCUE

Many residents barred from re-entering city to get pets

Jeremy Simes
For Metro | Calgary

Pilot Keith Mann didn't think twice to break the rules and load his plane with more than 40 furry friends, after they spent a few days north of the fire-ravaged Fort McMurray.

More than 80,000 Fort McMurray residents were ordered to flee on Tuesday, leaving many without their pets as they were barred from re-entering the city due to the advancing wildfire.

Since then, owners and their fur babies have begun to reunite through ongoing animal rescue efforts after the flames subsided.

Mann, Suncor Energy's manager of flight operations, said it just made sense to fly his load of critters down south after they sought refuge north of Fort McMurray.

> We're all animal lovers here ... We knew it was important for owners to re-connect with them. Keith Mann

"We're all animal lovers here," Mann said. "We knew it was important for owners to re-connect with them."

For the past few days, Mann has flown about 6,000 people from camps up north to Calgary and Edmonton.

But one flight was a bit peculiar — it was like 101 Dalmatians on a plane, except it involved "cats, dogs, rabbits and chinchillas ... you name it," Mann said.

Normally, Suncor planes only allow a few animals on a plane per trip, and they must be secured in a kennel, Mann said.

But that policy just didn't make sense given the circumstances, so he made the executive decision to load them all up.

"I just said, 'No, let's do this,'" Mann said.

Once every critter and human was secured, the aircraft took off in what Mann described as a relatively peaceful flight.

"It was pretty quiet when we were up in the air," he said. "You could just tell everyone was so happy to be out of camp and on their way."

HOUSING

Landlords step up with special terms

Helen Pike
Metro | Calgary

Landlords in Calgary are stepping up for a possible influx of evacuees.

According to the Calgary Residential Rental Association landlords are looking for ways to welcome new tenants, even if it's for a short period of time.

Gerry Baxter, executive director of the association, said Calgary's rental market can handle the influx, and many of his members are already stepping up to help.

Baxter said some are offering two months' free rent, others in Calgary and Edmonton are waiving or minimizing their damage deposit fees, getting rid of lease break fee clauses, three to five day stays and even month to month stays. "You can leave when you want, which is typically unheard of in the rental market," said Baxter.

INSURANCE

Extra agents brought in to handle claims

Brodie Thomas
Metro | Calgary

At evacuee camps across Alberta — next to representatives from the Red Cross and Alberta Health Services — insurance agents are also setting up tables.

Bill Adams, regional vice president for the Insurance Bureau of Canada, said representatives from the IBC are set up at Lac la Biche and at Northlands in Edmonton. They are making plans to set up in Calgary this week.

Insurance companies have even been bringing in employees form other parts of Canada to help process the flood of claims they are expecting.

Adams' advice to anyone affected by the wildfires is simple — open a claim.

"You'll be in the queue," he said. "The longer you wait — the more difficult it's going to be."

He said insurers are trying to get a handle on the numbers, and they won't be able to really do that until they find out how many claims they are dealing with, and get in to assess the damage.

Some companies are going out of their way to start collecting that information. Intact Insurance, the largest home insurance company in Canada, said in a release Monday it has used satellite technology to assess homes that were a total loss.

Intact alone is estimating an after-tax net loss of $130 to $160 million.

IBC, on the other hand, isn't releasing any numbers until they can get adjusters in to see the damage.

"We don't speculate — we wait until we have hard facts," said Adams.

Adams said for homeowners, everything depends on the plan they purchased, but he said for total loss coverage, insurers will help them through the entire process — from debris removal to drafting plans to the rebuilding.

He said there may be people who will decide not to return to Fort McMurray. In that case, they're not obligated to rebuild.

Gretzky collector loses enthusiasm

MEMORABILIA

Hobbyist saved jerseys, rookie cards from fire

He saved precious hockey memorabilia from the flames, but one of Canada's biggest sports collectors says the Fort McMurray fire may have cost him his hobby.

"I don't know that collecting means as much to me anymore," said Shawn Chaulk, who was once called the Wayne Gretzky of Wayne Gretzky collectors.

It includes dozens of game-worn jerseys and sticks, some worth up to $20,000. He has more than 100 Gretzky sticks from one used in the 1978 world junior tournament to one used in Gretzky's last game with the New York Rangers in 1999.

The list includes gloves and helmets worn during Stanley Cup victories and regular-season games, skates replete with scuffs and repairs and replica Stanley Cups once owned by former Oilers owner Peter Pocklington, who is still reviled by some Oilers fans for trading Gretzky to the Los Angeles Kings in 1988.

The situation put a whole new meaning on the question: What would you take if your home were on fire?

As his wife and children threw clothes and toys into suitcases last Tuesday during Fort McMurray's evacuation, Chaulk was downstairs with an associate trying to figure that one out.

"I dumped my safe and took things like Gretzky rookie cards.

> They're liquid and we could need the money to rebuild.
> Shawn Chaulk

I opened two hockey bags and put them on the floor and said, 'Start filling 'em.'

"I was ripping jerseys out of display cases and off hangars at a speed I didn't know I could operate at — just throwing them at Mark and he was filling the hockey bags. We zipped up the two bags and that became it."

The choices were tough.

"The No. 1 collectible I took out of there was Gretzky's '84 Canada Cup jersey worn in the cup-winning game. And his stick," he said. "They're liquid and we could need the money to rebuild."

Eventually, the family left with about 50 jerseys and four Gretzky sticks Chaulk has willed to his children. They drained fuel from their lawnmower to get as much gas in the car as possible and fled north. The family will rebuild and move on, but Chaulk's not so sure about the hobby he loved.

"I'm not sure if I'm in the same frame of mind. Maybe I'm wrong. Maybe I'm just emotional. I don't know if I need to even focus on that anymore.

"Every hour that I put into collecting I take away from my family." THE CANADIAN PRESS

Shawn Chaulk poses with his collection of Wayne Gretzky memorabilia in Fort McMurray, Alta., on April 16, 2013. Chaulk, one of Canada's biggest collectors of hockey memorabilia, says the Fort McMurray fire may have changed his attitude toward collecting. JASON FRANSON/THE CANADIAN PRESS

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Canadians on Panama Papers list

OFFSHORE FINANCE

Identities of those involved available - and searchable

The secret identities of the people behind more than 200,000 anonymous offshore entities found in the Panama Papers have been made public.

The International Consortium of Investigative Journalists, and its only Canadian partners, the Toronto Star and the Canadian Broadcasting Corp., have released a searchable database of the companies, trusts and foundations online.

The data comes from the controversial Panamanian law firm Mossack Fonseca, one of the biggest players in the grey zone of offshore financing. The information includes the names of directors, shareholders and beneficial owners — the real owners of a company, even though their names might not appear on the shareholder register — kept secret by confidentiality laws in tax havens. This is basic information that would be public if the corporations had been registered in more transparent jurisdictions.

The Panama Papers leak was originally received by the German newspaper Suddeutsche Zeitung. It shared the 11.5 million documents with the ICIJ and select journalism partners under the understanding the material was of great public interest.

More than 400 journalists, including members from the Guardian, the Miami Herald, the BBC and Le Monde, worked together for months to investigate the secretive world of high finance and those working behind the scenes to enable crime and corruption.

200,000

Anonymous offshore entities were involved in the Panama Papers. Their owners and directors have now been revealed.

Reports based on the documents quickly led to the resignation of Iceland's Prime Minister David Gunnlaugson after it was revealed he and his wife had set up a company in the British Virgin Islands that had holdings in Iceland's failed banks.

The database reveals the true owners and directors of the offshore firms, but does not include records of bank accounts and financial transactions, emails, passports, other correspondence and phone numbers, the ICIJ said.

The ICIJ said it was putting the information online "in the public interest" as "a careful release of basic corporate information" as it builds on an earlier database of offshore entities.

The ICIJ prefaced the data dump by noting that the appearance of particular persons and companies on the list doesn't imply wrongdoing. TORSTAR NEWS SERVICE/THE ASSOCIATED PRESS

From left, Rashid Hassan, Waida Hassan, Evin Bilel, Neda Bilel, Hamud Hawar and Mohammed Arous, all from Syria, pose for a portrait on the tracks of a rail way station which was turned into a makeshift camp crowded by migrants and refugees at the northern Greek border point of Idomeni, Greece. GREGORIO BORGIA/THE ASSOCIATED PRESS

XENOPHOBIA

UN seeks to reframe refugee crisis

A new UN report aims to reframe the way many countries deal with refugees and migrants, creating a responsible and predictable international system to handle them at a time when their numbers are at the highest level since the world body began keeping track.

The report was written in preparation for a high-level meeting in the General Assembly on Sept. 19 to address the issue of large movements of refugees and migrants. That meeting will be followed by a summit organized by U.S. President Barack Obama, where world leaders will be asked to pledge money in response to the problem.

> **Overwhelmingly the statistics show that refugees and migrants contribute (and) make a positive impact as soon as you put them to work.**
>
> Karen AbuZayd, UN special adviser

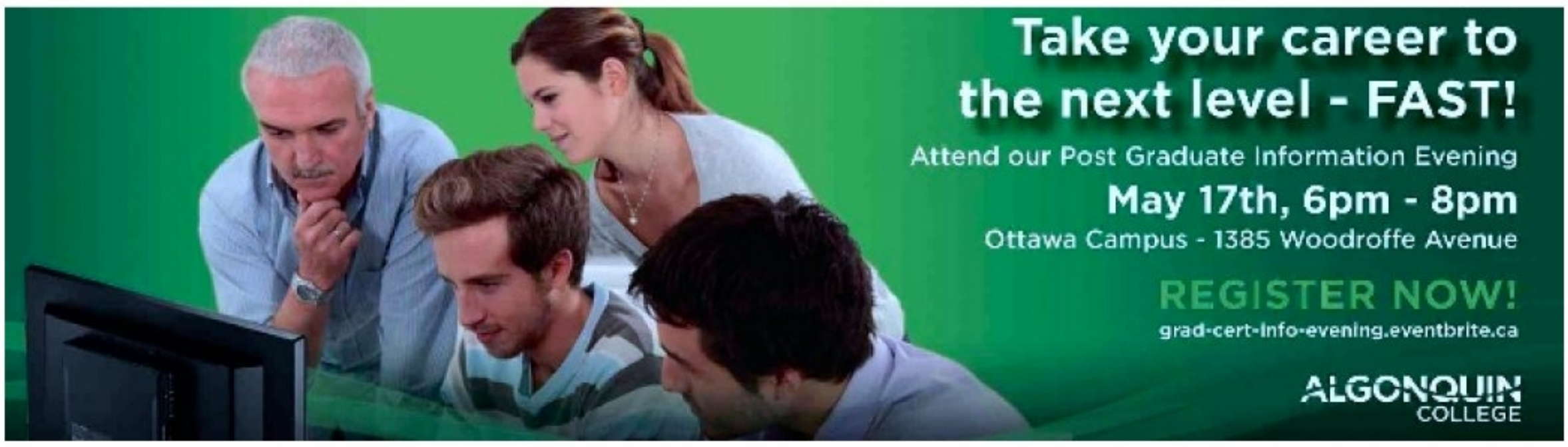
"One of the thoughts behind what we were doing was to change the narrative on refugees and migrants because part of what's happening now is that people are afraid they're terrorists or they're criminals or their taking their jobs," said UN Special Adviser on the Summit on Addressing Large Movements of Refugees and Migrants Karen AbuZayd. "The goal of the report is to create a better response to large movements of refugees and migrants for the benefit not only of those on the move but for those who accept them."

AbuZayd points out that contrary to xenophobic rhetoric sparked by influxes of displaced peoples, migrants are often the most productive members of society.

"Overwhelmingly the statistics show that refugees and migrants contribute to, make a positive impact as soon as you put them to work and it helps not only your country that has taken them in and it helps with the countries back home, too, because of the questions of remittances and things," AbuZayd explained.

The report recommends that UN member nations vote on two global compacts — one involving responsibility sharing for refugees, with countries asked to resettle at least 10 per cent of the global refugee population; and another compact strengthening global governance of migration. It also calls on the UN to lead a global campaign to counter xenophobia.

THE ASSOCIATED PRESS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Your essential daily news
Tuesday, May 10, 2016

ROSEMARY WESTWOOD
ON THOSE WHO LOST EVERYTHING

Anyone watching Fort McMurray would have wondered: 'What would I take? What would I leave?' 'It's just stuff,' you might have told yourself. But that is not true.

The mass exodus from Fort McMurray last week was marked, in part, by tales of things.

What was hastily, even comically (in retrospect) gathered: clothing and a large clock; the stuffed bear head lifted from its place on the wall; half a blender and a watermelon; cheese slices and snow pants.

Then, what was left behind: "It's not fair," one woman, who had been living at a campsite before it was consumed by flames, told the CBC. "They didn't even let us take our things. We lost everything now."

It wasn't a euphemism. Speaking to a camera crew while the fire raged behind her, distressed and in tears, she had only the clothes in which she stood.

Anyone listening to the radio the day after that hectic evacuation would have wondered: "What would I take? What would I leave?"

"It's just stuff," you might have told yourself, looking around at the jumble of items that articulate that most private landscape: the home.

But that is not true.

Yesterday, Alberta Premier Rachel Notley visited the scorched town to survey damage, reporters in tow. The visit will inform plans for residents' return. Swept out in a frenzy, people will soon begin to flow back into Fort McMurray. There will be something to return to: Hospitals, schools and the airport survived the blaze, as did many homes. But much will have changed, and much will be gone forever. Even neighbourhoods could be unrecognizable.

"You walk into these areas and you could have lived there all your life and you're completely disoriented," Ron Mattiussi, a Kelowna resident during that city's 2003 fire, told the CBC of the aftermath there. "All the landmarks are gone."

This idea, of a lost home, has preoccupied me since the crisis began.

"What is a home," a friend mused over the weekend, "if not the museum of your life?"

That has probably always been true, but perhaps never more so than now, when it can feel as though we live to consume. (You could argue we are consumers, then taxpayers, then a nationality, and then, perhaps, a gender, a race, an urban identity, a community member.)

Sex in the City's Carrie Bradshaw once snarked that shopping was her cardio. Just think how fit we'd be if people actually walked to stores: In 2011, the U.S. Commerce Department reported Americans spent $1.2 trillion on goods and services they didn't need. Yes, we're Canadians, but we also like our stuff.

That modern abundance has in turn spawned the age of minimalist Marie Kondo, who asks that you ascribe more than utility or fleeting affinity to your possessions, but a deep and abiding joy. And in this world, where, either way, you are what you own, what could be more terrifying than losing it all?

Speaking to the Atlantic magazine about the psychology of home, the environmental psychologist Susan Clayton called our domestic space a source of "self-definition." Where we live, and what we surround ourselves with, contributes to our identity. It can shape our routines, and we mold it reflect who we want to be.

Of course, those are both things — routines and a sense of self — that can change. Certainly, Fort McMurray's 80,000 residents have proven themselves nothing if not resilient. They are of course more than where they lived (or will live again, if they are among the lucky). Like all of us, their relationships undoubtedly matter most.

But we are nesting, possessive creatures. Our spaces remind us who we are — someone who likes these textiles, wears these clothes, drinks each morning from this mug, nurtures that plant, reads (or aspire to read) those books or magazines. Look around your private space, with all the talismans of your life, and then imagine it is all gone. Everything.

It is not the worst that could happen, but still. What a shock. What loss.

You are what you own, and what could be more terrifying than losing it all?

Metro POLL

What would you take?

If you had to flee your home in a fire and had just five minutes to pack, what would you bring?

16% Family pet
15% Documents (i.e. passport)
15% Money
14% Smartphone/computer/tablet
10% Clothing
8% Family mementos
8% Food
6% First aid kit
5% Jewelry/valuables
3% Other

A change of clothes, basic toiletries, first aid and copies of documents.

We keep 'go' bags ready at all times.

My daughter and dog first. Anything else can be replaced.

In a fire, everyone should have a designated object to grab.

visit metronews.ca
HAVE YOUR SAY

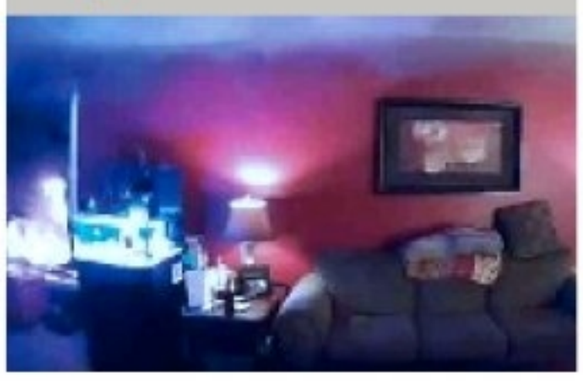

Photo radar lite lets speeders off easily

COLLINS' CAPITAL
Steve Collins

City council takes yet another crack at the photo radar question today, after the transportation committee spent the better part of four hours last week in more or less vehement agreement on the need to crack down on speeding — but maybe not too hard.

"Everyone agrees speeding is an issue in the city," chair Keith Egli said. "Where we disagree, however, is how do we address it, how do we fix that problem?"

The answer, when it comes to photo radar at least, is gradually, tentatively and with as many caveats and restrictions as possible.

Unlike Coun. Riley Brockington's last stab at citywide photo radar, the city proposes (pending premier-may-I permission) to limit speed cameras to school zones, as part of a pilot project, at the discretion of the ward councillor.

Public presentations to the committee, from representatives of community associations, the Traffic Injury Research Foundation and Citizens for Safe Cycling, were overwhelmingly supportive of photo radar; not just the half-measures proposed. (Nowhere on the speakers' list was the Society of Maniacal Ottawa Drivers or the Coalition of Commuters Who Are Already 20 Minutes Late, Dammit!)

City staff presented stats both sobering (a pedestrian hit at 50 km/h is five times more likely to die than one hit at 30) and encouraging (tallies of substantive reductions in speeding and collisions in Canadian cities that use photo radar).

But if public safety is a crucial consideration, so is political job security, to which photo radar has proven a danger.

"Ontario certainly has a history with photo radar, for those of us who are old enough to remember," Egli offered, "and it didn't particularly end well."

In the 90s, the NDP government's photo radar program reduced speeding by 15 to 42 per cent in under a year. But it lightened the wallets of speeders by $19 million, stirring up resentment the Tories were only too happy to exploit.

Speeding tickets make us pay for selfish behaviour that endangers everyone, but we're seldom grateful for the correction. Council proposes to indemnify itself from the "cash grab" allegation by plowing all revenue from tickets into road safety measures: a sensible step in which the problem helps fund its solution.

But why limit the program to school zones? The kids need protection, sure, but not everyone's journey to school, as Coun. David Chernushenko reminded colleagues, is contained in the designated zone.

And the plan leaves out other vulnerable pedestrians. According to the Council on Aging of Ottawa, of all the pedestrians killed at intersections here over eight years (2000-2008), 53 per cent were seniors. Outside school zones, they'll be no safer.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

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E-cigarettes are sickening more children due to cases involving liquid nicotine swallowing

Battling anorexia as an adult

Support lacking for those facing high mortality rates of chronic disorder

Lisa Sheinfeld, 42, has battled anorexia nervosa off-and-on for two decades. VINCE TALOTTA/TORSTAR NEWS SERVICE

The dizzying combination of side effects hit Lisa Sheinfeld like clockwork.

Two hours after she'd taken her usual amount of laxatives on an autumn afternoon last year, the 42-year-old Thornhill, Ont., mother of three sat in a public washroom, sweaty and lightheaded. The pain, she recalls, was more intense than being in labour. To cope with her overwhelming nausea, she curled her thin body into a ball on the floor with a sweater bunched under her arm. It was an awful, all-too-familiar feeling.

And she'd done it to herself.

For two decades, Sheinfeld has been coping with anorexia nervosa, a chronic and deadly eating disorder. Anorexia has a typical onset in the early teens, but the stereotype of young women hoping to shed a few pounds doesn't tell the full story.

Around 150,000 Canadians have or once had anorexia, according to data in a 2014 federal report. Other research shows around 20 per cent of people who develop anorexia in adolescence or young adulthood have a chronic course, typically living with the disorder for a decade or more.

Having an eating disorder throughout adulthood comes with distinct challenges, including few intensive treatment options, lengthy wait times, high mortality rates and the strain of also juggling a family and career.

For Sheinfeld, the disorder started in her early 20s when she first tried using laxatives.

The initial feeling of a flat stomach was "amazing," Sheinfeld recalls, but soon her family started noticing her frequent bathroom trips and weight loss.

After being diagnosed, she tried therapy and attended a treatment program in Toronto. It was like a detox, she says, and only lasted around three weeks.

At 29, she married her husband Rob. With children on the horizon, Sheinfeld knew her body needed to be healthy; the laxatives would have to go.

For the next 10 years, the disorder seemed to be under control. Sheinfeld never used laxatives in the stretch when her three sons, now aged 9, 7 and 5, were conceived and born. But in April 2014, she says a "switch went off."

Sheinfeld bought a pack of drugstore laxatives — she can't recall why — and, in the back of her mind, she knew she was inviting a return.

"It happened very quickly. I knew all the secrets. I knew how to lie," she recalls.

Sheinfeld lost 30 pounds in less than a year.

"It's like I'm on a merry-go-round and I just can't get off of it," Sheinfeld says. "I want to but I can't."

Dr. Allan Kaplan, a senior clinician-scientist with the Centre for Addiction and Mental Health (CAMH), compares anorexia to an addiction. A trigger like depression or anxiety will lead someone to start using drugs, he says, but the symptoms of withdrawal causes them to continue.

"Someone who is in cocaine withdrawal or heroin withdrawal can't will themselves to not be in withdrawal. It's the same with anorexia nervosa — someone can't will themselves to be in control," says Kaplan, who has spent 35 years studying the psychobiology of anorexia and bulimia.

And that cycle can be deadly. Among the side-effects of anorexia, studies show ongoing weight loss can lead to osteoporosis, fertility problems and atrophy of the brain, and the suicide mortality rate of people with anorexia is one of the highest of all psychiatric illnesses, according to studies cited by the American Association of Suicidology.

The National Eating Disorder Information Centre suggests an estimated 10 per cent of people with anorexia will die within 10 years of the disorder's onset — a stat that jumps to 50 per cent for those suffering a chronic course, either because of medical complications or by suicide, Kaplan says.

But for adult sufferers, finding suitable treatment is difficult. Sheinfeld says she's been told her Body Mass Index is too low for certain treatment programs, while others have responded with months-long waiting lists.

"My hope is just to have a life," Sheinfeld says. "To have my life back."

The disorder affects how the brain communicates with the gut, says Dr. Angela Guarda, director of the Eating Disorders Program at the Johns Hopkins Hospital in Baltimore. People with anorexia feel full with less food, she says, and also have symptoms of a gastro-intestinal disorder, such as bloating, constipation and abdominal pain.

And while parents might be able to force a child into treatment, it's a different situation with a spouse.

Sheinfeld's husband can relate. Last fall, at a therapy session for families of people with eating disorders, Rob looked around the room — and all he saw were parents.

"If your child is under 18, you can put them in a hospital as a parent. You can take things away from them," he says. "How do you do that with a 42-year-old? Am I going to take her car away, say she can't go out with her girlfriends? I can't do that."

TORSTAR NEWS SERVICE

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HOW ANOREXIA AFFECTS THE BRAIN

- Even when intensive treatment programs are available, helping longtime anorexia sufferers is challenging, says CAMH's Dr. Allan Kaplan. "Once people lose weight, they change their brain chemistry," he says. "Their processing isn't normal."
- When people lose weight, they lose body tissue from every part of their body, including the brain.
- Kaplan's current research focuses on how anorexia impacts the brain's myelin, the fatty covering of "white matter" that delivers information to the "grey matter" centres controlling emotions and high-level thinking.

PROGRESS

Mother leads national push for more research

Wendy Preskow founded the National Initiative for Eating Disorders in 2012 after witnessing her daughter's struggle to get adequate care. Her daughter Amy, 30, has been coping with anorexia and bulimia since she was 14.

She said long wait times for treatment programs often lead to stints in the hospital instead. In 2014 alone, Amy went to the hospital four times; in one instance, clinicians needed to give her an injection and couldn't figure out how to do it because of her gaunt frame.

Preskow is leading the national push for more research. In April, she met with MPs in Ottawa in hopes of moving forward on recommendations made in the 2014 eating-disorders report from the Standing Committee on the Status of Women — such as creating a centralized data base of treatment programs, addressing long wait times and closing gaps in data collection about eating disorders.

"Eating disorders need to have the same recognition, funding, and research that every other physical disease gets," Preskow says. TORSTAR NEWS SERVICE

Gently down the stream

YOGA

Boat Pose is a fun and easy way to engage your core

YuMee Chung
Torstar News Service

Want to test the seaworthiness of your boat pose? Why not take it out for a spin on the open water? Floating your boat introduces a fun cardiovascular challenge to a yoga classic.

Float your boat

1. Stand in the shallow end of a pool. Your feet should be able to comfortably reach the bottom.
2. Keeping your head above water at all times, bring the legs up to create a V-shape with the body. Lift your chest, draw the lower back in and up, and squeeze your legs together. This is boat pose.
3. Now power up your craft by breaking above the water's surface with your two feet, and sculling with your hands to row yourself backwards.
4. Go for distance or go for time — staying afloat as long as possible before you touch the feet down.

Once you've gone out for a few training runs, you can invite your friends to a boat pose regatta. This is a great one to do with kids of all ages.

Core Competency

Although boat pose is commonly thought to be an abdominal strengthener, the key muscles are actually your hip flexors, mainly psoas major and iliacus.

If you feel a cramping in the front of your thighs in boat pose, you are likely relying on rectus femoris (part of the quadriceps muscle group) to help you hoist your legs.

As it turns out, rectus femoris isn't a very effective hip flexor due to its origin point low down on the pelvis — it really only gains its title as a hip flexor on a technicality.

When this muscle contracts in an attempt to flex the hip, its three other friends in the quadriceps muscle group also contract, but they are not equipped to do the job. The key to boat pose is learning how to recruit the best muscles to do the job and giving the accessory muscles a chance to kick back and enjoy the ride.

Above: a demo of the boat pose to see what it looks like above water. Below: How it looks when you're in the pool. CARLOS OSORIO/TORSTAR NEWS SERVICE

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

EARLY DEVELOPMENT

Mothers may 'imprint' fetus for obesity: study

A new large-scale study published on Friday study has shown that excess weight gain or high blood sugar levels during pregnancy increases the child's risk of being overweight or obese, even in normal-weight babies.

Previous studies have already shown that excess weight gain and high blood sugar during pregnancy increase the likelihood of a heavy birthweight baby who is then more likely to become obese as a child.

However until this new study, by the Kaiser Permanente Center for Health Research, there was little research into the effects that these risk factors could also have on normal birth weight babies, who are born at weights between 5.5 to 8.8 pounds. After looking at the mothers during pregnancy and following the children from age 2 to 10, the team found that children of mothers who gained 40 pounds were 15 per cent more likely to be overweight or obese in the first ten years of life compared to children whose mothers gained less than 40 pounds.

Commenting on the results lead author Teresa Hillier explained, "When women have elevated blood sugar and gain excess weight during pregnancy, it seems to change the baby's metabolism to 'imprint' the baby for childhood obesity. We're not sure yet of the exact mechanism of this change, but it appears the baby is adapting to an overfed environment." AFP

> (Pregnancy weight gain) seems to change the baby's metabolism to 'imprint' the baby. Teresa Hillier

HEALTH BRIEFS

Sheryl Sandberg speaks out for single mothers

Facebook's No. 2 executive Sheryl Sandberg says she never realized how hard it is to be a single parent until her husband died a year ago. In a touching Mother's Day weekend post on Facebook, Sandberg says the odds are stacked against single moms. Many live in poverty, work two jobs or don't get paid leave to care for themselves or children if they get sick, she says.

She called on leaders to rethink public and corporate policies to better support single mothers. She didn't say whether anything will change at Facebook, where she is chief operating officer. Sandberg's husband, Dave, died in a treadmill accident a year ago while on vacation in Mexico. THE ASSOCIATED PRESS

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How to train like a hockey star

FITNESS TRAINING

Former NHL player on goals, gains, and new lifestyles

Ex- Toronto Maple Leaf and current **pro athlete fitness trainer Gary Roberts, now 49,** says training, refuelling, and recovery are all important elements of changing to a fitness-focused lifestyle. VINCE TALOTTA/TORONTO STAR

It's been seven years since Gary Roberts played in the NHL. But in a gym, the sturdy 49-year-old high-performance trainer and lifestyle coach still looks like he could skate faster and score more goals than, well, any average person.

But Roberts is hardly average. Forced to quit hockey for a year in 1996 after a serious neck energy, he endured two surgeries and intense reconditioning — with a focus on fitness and nutrition — before returning to play 12 more seasons, including four years with the Toronto Maple Leafs.

These days, he operates the Gary Roberts High Performance Centre in Toronto, where he's trained the likes of NHL stars Connor McDavid, Steven Stamkos, Jordan Staal, Brett Connolly and Mike Smith through a blend of advanced training techniques, proper sports nutrition and recovery strategies.

We caught up with Roberts to chat about how he works with the pros — and what the rest of us can learn from his advanced training techniques.

How did being an NHL player spark your passion for fitness?

I would say the biggest thing was my retirement. I retired at 30 years old with two serious neck injuries, and had to change my lifestyle in order to build my body back up where it needed to be to have an opportunity to have a second chance to play.

Initially, that sparked my passion for fitness and nutrition. What I did at 30 to change my lifestyle is what gave me the extra 12 years I had in the NHL.

Did being a pro athlete shape how you train athletes now?

I think the big advantage I have as a trainer — although I consider myself more of a lifestyle coach than a strength coach — is understanding the integration of all the elements you need to have success: the training, the refuelling, the recovering. All those things equal performance.

You've worked with players from the NHL, the American Hockey League, the Canadian Hockey League — is there a common thread in how you're training all these guys?

They're in the same sport, so you've got a pretty good indication of what you need to do to give a player the best chance of success.

But each player has an individualized program, both training and nutrition.

What Connor McDavid of the Edmonton Oilers does is something different than what Steven Stamkos of the Tampa Bay Lightning does, because they're at different stages of their careers and development.

I think the thing for us is trying to find out those players' weaknesses and what we need to work on.

For those of us who aren't professional athletes, what can we do to stay motivated?

It's important to set goals for yourself and it's important to recognize your needs and weaknesses and imbalances and fix those things first.

Nutrition is the most important part to anybody's fitness routine.

If you're taking care of yourself and making healthier lifestyle choices, the training you do will be more successful because of how you're living your life.

Is there anything else we can learn from how the pros train?

Consistency in a routine and charting your progress. Even professional athletes like to see their gains.

As a lawyer, or banker or firefighter, set your goals and have people help you with your needs and assessments — in the end it's about charting your progress.

TORSTAR NEWS SERVICE

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JOHANNA SCHNELLER WHAT I'M WATCHING

Good Wife's seven-year switch

THE SHOW: The Good Wife, series finale (CBS/Global)
THE MOMENT: Will's advice

She's gotten her governor husband Peter (Chris Noth) a light sentence for his crimes, and plans to divorce him.

Now attorney Alicia Florrick (Julianna Margulies) stands alone in her apartment.

"What do I do now?" she asks the air. The ghost of Will (Josh Charles), Alicia's true love, appears. "Go to him," Will says, referring to wolfish investigator Jason (Jeffrey Dean Morgan). "Do you really want to live here alone? It will drive you crazy."

"You're right," she says.

HUH? From the beginning, I loved The Good Wife. The characters' intelligence (and wardrobes) were exactly right, as were the ripped-from-the-headlines cases, .

This season irritated me, though. Instead of being about Alicia, it was about the men who define her. I get that the plot had to land her on that podium, where she could stand next to Peter as she did in episode 1 – but differently.

But that slap! Alicia's boss/mentor Diane (Christine Baranski) smacks her for betraying her, in the same hallway where Alicia slapped Peter in the pilot.

Suddenly, the whole series is not about Alicia becoming independent. Suddenly it's about shaming her for attaining power.

The climax strands Alicia without friends or job because she became what she hated — about Peter. She now has to go out to the bad world and redefine herself again. To me, show creators Robert and Michelle King's decision undermines their whole series. You were rooting for Alicia, it says — but you were wrong to. Yuck.

CBS aired the series finale on May 8. HANDOUT

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

A witness for women everywhere

DOCUMENTARY

New series by Gloria Steinem explores global gender issues

For her latest project in pursuit of equality, Gloria Steinem is turning to television.

The feminist activist and author makes her debut Tuesday as producer and host of Woman, a documentary series on the Viceland network about gender-based violence and injustice around the world.

The series came out of a discussion with Vice Media chief Shane Smith, Steinem said.

When she told him how violence against women predicts and normalizes violence at all levels of society, he "responded in a very heartfelt way."

The result is eight short documentaries, all by young female journalists, each focused on an issue threatening women in a particular region of the world.

The first episode looks at the epidemic of rape as a tool and symptom of war in Congo, with more than 1.8 million victims over the last 20 years.

Future installments explore female guerrilla fighters in Colombia, child brides in Zambia, and the murder of indigenous women in Canada.

Steinem will host and produce an eight-part documentary series on the **Viceland** network, called **Woman**, about the political impact of violence against women throughout the world. The series premieres Tuesday. THE ASSOCIATED PRESS

Steinem, 82, talked with The Associated Press about the show and how she stays hopeful after six decades of activism.

What did you say to Shane Smith that made him insist you do a show?

I was talking about violence against females in the world and the degree to which, first of all, it normalizes other violence. It tends to be what we see first in our families or in the streets.

It turns out to be the biggest indicator — more than poverty, more than degree of education, religion, access to natural resources, even degree of democracy — violence against females is the biggest indicator of whether a country will be violent in itself or be willing to use military violence against another country.

How did you decide what to focus on for these eight episodes?

We were clear that we wanted to include every continent. We didn't want to make it seem as though problems of violence were limited to one part of the world. We looked at what was most prevalent or important to the women's movements in that country.

The challenges facing some of the women you show are upsetting, but you've said the series makes you feel less helpless. Why?

We have to know before we can act, and the very fact that this is allowing millions of people to have the experience of walking around and talking to people and listening is a step forward in itself.

We know from many forms of suffering that what is important first is a witness — people want to know that someone else knows what's happening, that they're not alone — and someone who listens to what is needed and tries to help.

What real, concrete changes have you seen in your fight for feminism?

We now know, deeply and in the majority, that the old discriminatory systems are crazy, we are not crazy.

We now know that racism is not real, it's made up, it's cruel, it can be stopped. We know sexism is not inevitable. It's only about controlling reproduction and therefore controlling women.

If we have reproductive freedom, that is the ability to decide for ourselves when and whether to have children and what happens to our bodies, it can be reversed.

It's the understanding that it's not inevitable. I think that is crucial. THE ASSOCIATED PRESS

SPONSORED CONTENT — LEARNING CURVE

Saint Paul University has record number of graduates

Nearly 500 people attended Saint Paul University (SPU)'s annual closing ceremony today to mark the end of an exceptional academic year and celebrate the graduates' achievements.

The atmosphere was festive as SPU rector Chantal Beauvais pointed out that it has been decades since SPU awarded so many diplomas. "SPU is attracting more and more bold and talented people from around the world," she said. "We are proud to offer a learning environment that supports individuals who want to build a better world and be the face of change."

CONTRIBUTED

During the ceremony, the Eugene de Mazenod Medal was presented to Caroline Andrew. Named in honour of the founder of the Oblates of Mary Immaculate, the medal honours a person who has made a significant contribution to developing human capital in his or her environment or more widely in society. Professor Andrew co-founded Youth Futures and Discovery University, two organizations that allow individuals faced with social and personal challenges to learn, grow and reach their full potential through higher learning.

Proud of its rich heritage, over the years Saint Paul University (SPU) has evolved into an institution whose primary focus is on the multiple facets of the human experience. Not surprisingly, that priority is reflected in our current study programs: in addition to our founding disciplines — canon law, philosophy, and theology — we offer courses in social communication, counselling and psychotherapy, public ethics, conflict studies, and human relations and spirituality.

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metro SPORTS

Leicester manager Claudio Ranieri has been given an open offer from the Italian soccer federation to coach the national team at some point

Dorion gets his Guy

SENATORS

GM says Boucher was first choice to be next coach

Pierre Dorion said he knew he had found the next Ottawa Senators head coach after his first meeting with Guy Boucher.

The new Senators GM said Boucher was the first candidate he interviewed for the position and was his front-runner from the start, countering reports that the Senators were snubbed by new Minnesota coach Bruce Boudreau.

"I want to make it clear to everyone that this was my candidate," Dorion said Monday at a news conference to introduce Boucher. "No doubt in my mind, from the first time that I met him I felt this would be the guy to lead the Ottawa Senators."

Boucher becomes the Senators' 12th head coach, replacing Dave Cameron who was fired April 12.

The Senators also announced that Marc Crawford would join Boucher's coaching staff as an associate coach.

Boucher's coaching resumé includes just over two seasons as head coach of the Tampa Bay Lightning, posting a 97-78-20 record in 195 games. Boucher led the Lightning to the Eastern Conference final in 2010-11.

Most recently the 44-year-old spent parts of the last three seasons as head coach of SC Bern of the National League A in Switzerland, posting a 44-29-5 record.

"Guy brings passion, drive, great communication skills, knowledge of the game, intelligence, he's progressive, he's innovative," said Dorion. "What impressed me the most was his ability to translate in the interview process, and I think this ability to translate to the players, how we need to play to have success."

Guy Boucher was formally introduced as the Senators' 12th head coach on Monday. FRED CHARTRAND/THE CANADIAN PRESS

> **I think this team is ready now to play well, right away.**
> Guy Boucher

Boucher, a native of Notre-Dame-Du-Lac, Que., is excited for the opportunity to not only return to the NHL, but to Canada and to be close to family.

He said he watched a number of Senators games in the second half of the season and sees a lot of reason for optimism.

"I think we can accelerate the process because I think there's already great things and strong things in place in the team, so I won't pretend to come in and be the saviour and I'll do everything different," he said. "I have to respect the fact that a lot of good things have been done here, great players that have been brought up and players that have had success in the last years so we just want to keep those guys having success and help the ones that are ready to grow.

"I think it's a very encouraging year because when you look at the ages, when you look at the leadership I think this team is right there ready to take another step."

Asked if he thought the Senators were a playoff team, Boucher said "Has to be or else I wouldn't be here."

THE CANADIAN PRESS

Centre unsure when he'll return

RAPTORS TAKE ON THE HEAT

Jonas Valanciunas hobbled around in a walking cast Monday morning, appearing like he won't be back playing any time soon.

The Toronto Raptors centre was ruled out for the rest of the Eastern Conference semifinals with a sprained right ankle, but whether he's done for the season is unclear.

"We're just going to see what's happening," Valanciunas said at Monday morning's shoot-around. "It's already got a little bit better overnight. The plan is ice, keeping it high and resting. You do this and see what happens."

Jonas Valanciunas GETTY IMAGES

The seven-foot centre from Lithuania has been huge for the Raptors in the post-season, averaging 15 points, 12.1 rebounds and 1.4 blocks. Through three games against the Miami Heat, he averaged 18.3 points and 12.7 boards, and he already had 16 points and 12 rebounds when he injured his ankle in Saturday's Game 3.

The Raptors took a 2-1 series lead into Monday night's Game 4 in Miami. The series shifts back to Toronto for Game 5 on Wednesday.

Valanciunas spoke with reporters on Monday morning, scoffing at a chair the Raptors media relations staff had set out for him.

"I can stand," he said, pushing the chair out of the way.

He said the pain's not too bad, "but (playing with the injury) can affect the future so we're treating, doing everything to get better, to heal and we'll see day by day.

"It's tough because I was enjoying playing basketball. I was doing work so right now I cannot think about it, have to just get better and come back."

THE CANADIAN PRESS

WORLD HOCKEY CHAMPIONSHIP

Canada's balanced attack routs Belarus

Buffalo Sabres forward Ryan O'Reilly scored twice as Canada remained unbeaten at the world hockey championship with an 8-0 rout of Belarus on Monday.

Playing their third game in four days, the Canadians (3-0) followed a similar pattern to previous wins over the United States and Hungary. Canada allowed Belarus to keep the score close through 20 minutes before breaking the game open with four second-period goals.

Preliminary round

8	0
CANADA	BELARUS

Canada has now outscored its opponents 20-2 in three games and sits at the top of the Group B standings with nine points along with Finland, which beat the Americans 3-2 Monday. THE CANADIAN PRESS

CFL

Roughriders entertaining offers for draft's top pick

Saskatchewan Roughriders head coach/GM Chris Jones said Monday he's fielded numerous offers for the top pick in Tuesday night's CFL draft.

The Riders have the first selection after last season's league-worst 3-15 record.

"We're going to look at the best offer and then we'll make the right decision for us," Jones said. THE CANADIAN PRESS

NBA

Curry repeats as league MVP: Source

Stephen Curry is adding a second straight MVP award to his record-setting season.

A person with knowledge of the award says Curry will be announced as the winner perhaps as soon as Tuesday. The person spoke on condition of anonymity because the NBA has not revealed the winner.

Curry led the Warriors to an NBA-record 73 wins in the regular season. He also led the league in scoring with 30.1 points per game and shattered his own record for three-pointers by making 402.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Heat-Raptors Game 4.

RECIPE Asian Chicken Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This fresh and crunchy salad is satisfying enough to serve for dinner but also makes a portable lunch so let's just make life easy and double this recipe now.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 2 chicken breasts
- 1/4 - 1/2 head of purple cabbage, thinly sliced
- 1/4 - 1/2 head of green cabbage, thinly sliced
- 2 carrots, shredded
- 1 red pepper, thinly sliced
- 1/2 cucumber, peeled and sliced
- 2 spring onions, sliced
- handful cilantro, chopped
- 1/3 cup peanuts, chopped (optional)

Directions

1. Fill a skillet with water and season the water with salt and pepper and bring it to a simmer. Place the chicken breasts in the water and cook them for 10 to 12 minutes, depending on how thick the breasts are. Remove the meat from the skillet and place on a clean plate. Use two forks to shred the chicken.

2. In a small bowl, whisk together the dressing ingredients.

3. In a large serving bowl, toss together the vegetables and chicken. Drizzle dressing over the salad and toss again. Serve the salad in bowls and garnish with cilantro and chopped peanuts.

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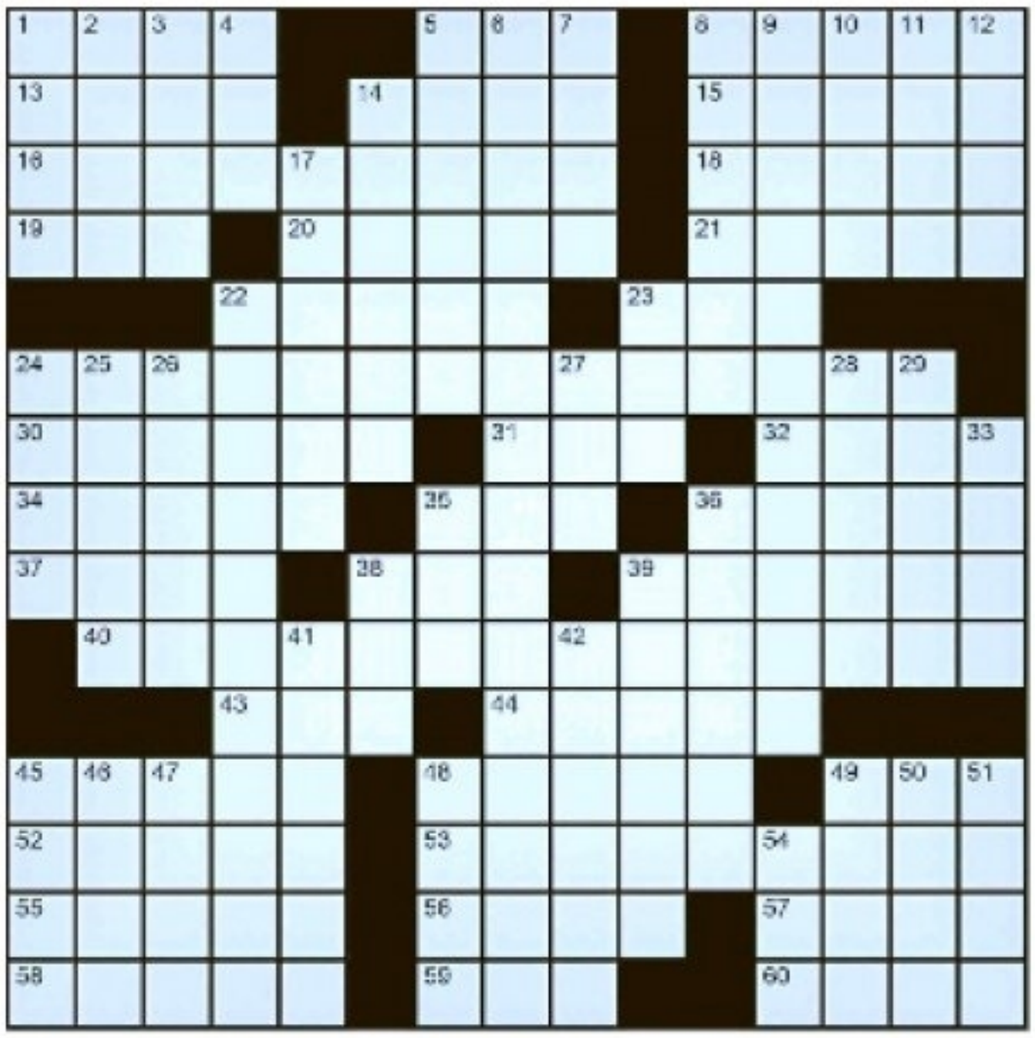
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cooking fat
5. "Dancing with the Stars" host ...his initials-sharers
8. Canadian Olympian Ms. Hughes
13. "Walk Like _ _" by The Four Seasons
14. 'Prem' suffix (Movie's first showing)
15. _ space (Starry locale)
16. Celine Dion at Caesars Palace, e.g.: 2 wds.
18. Tea party treat
19. Tree-chopping tool
20. Bubbly bars
21. Communicates via clickety-clacks
22. Cook, as broccoli
23. Damage
24. Current superhero movie for Canadian actress Emily VanCamp, "_ _: Civil War" (2016)
30. Away, archaically
31. "Ready or _!"
32. Ring up
34. Minerals in multivitamins
35. Docs
36. Twin-crystal
37. Director Mr. Keshishian
38. Tender
39. Livestock identification: 2 wds.
40. Exterior housing feature: 2 wds.
43. Bit of butter
44. _ voce (Softly)
45. Good at crafts
48. Sailor's away-from-home status: 2 wds.
49. Frequently, in verse
52. 'Queen of Mean' hotelier Ms. Helmsley
53. In a non-wasting manner
55. Tycoon
56. But, in Boucherville
57. Tavern serving
58. Hunks of concrete
59. Britannica, e.g.
60. Relinquish control

DOWN
1. Psychedelic lighting, _ lamp
2. Charge card, nicknamed
3. Fury
4. Forensic 'fingerprint'
5. Iran's capital city
6. Household cleaning duo: 3 wds.
7. Stitches
8. Dana Carvey, to Mike Myers in movies
9. Classic sitcom tenant: 2 wds.
10. Perched on
11. Boulevard in Montreal, _-Levesque
12. Ancient Greece's war god
14. Affirmative response to someone pointing over there: 3 wds.
17. Belonging to Beelzebub
22. One with one's nose in the air, some might say: 3 wds.
23. Fulfilled
24. Hunting, in Spanish
25. Eva _ ("Canadian Idol" Season 4 champion in 2006)
26. _ of experts (Cable news show guests)
27. Rap artist, _ Def
28. Prickly plants
29. _ Gardens Conservatory (Botanical attraction in Toronto)
33. _ Mason (Asset management company)
35. Clock div.
36. Rum/curacao/lime cocktail: 2 wds.
38. Fragment
39. Compounds in perfume
41. Ancient peoples of Chichen Itza
42. Inlaid artwork
45. Belonging to Edmonton's prov.
46. Tangible
47. Afghanistan's _ Bora
48. "Are you as hungry _ _?" (Let's eat!)
49. S-shaped moulding
50. Bolted
51. Ancient port of Lebanon
54. The Peacock network

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day for business and commerce. Whatever you do will give you a profitable result in the future. (What works best is to finish an old deal.)

Taurus April 21 - May 21
Fair Venus is in your sign now, dancing with lucky moneybags Jupiter. This means today is a very fortunate day for you. You will be more successful if you wrap up old business.

Gemini May 22 - June 21
Solitude in beautiful surroundings will please you today. In fact, some of you might dabble in a secret love affair. (Woo, woo!)

Cancer June 22 - July 23
This is a popular day! Rally your troops and set them marching, because others will respond to your encouragement and direction.

Leo July 24 - Aug. 23
You make a fabulous impression on bosses and VIPs today. In fact, a flirtatious moment might occur — who knows? A conversation might lead to boosting your income in the future.

Virgo Aug. 24 - Sept. 23
Travel for pleasure totally appeals today. Fortunately, opportunities to do so abound. Lucky you!

Libra Sept. 24 - Oct. 23
Gifts, goodies and favors from others will come your way today. Do not hesitate to accept them. Just say, "Thank you!"

Scorpio Oct. 24 - Nov. 22
Relations with others are warm and friendly today. It's a particularly good day to deal with members of the general public. Seek out fun excursions with others.

Sagittarius Nov. 23 - Dec. 21
It's easy for you to get a raise or praise from others at work today, because people are impressed by you now. (Make the most of this while you have this advantage.)

Capricorn Dec. 22 - Jan. 20
This is an excellent day to set off on vacation. At the least, book some time for yourself doing what you enjoy most. The arts, sports events and playful times with children are favoured (as is romance).

Aquarius Jan. 21 - Feb. 19
This is the perfect day to wrap up an old real-estate deal, especially something that has been hanging on. It's also a good day to entertain at home or buy something beautiful.

Pisces
Feb. 20 - March 20
Relations with others are friendly today, because you are in an optimistic frame of mind. Believe in your power to attract what you need to you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5	4	3		8	1	7	
8								2
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Your daily crossword and Sudoku answers from the play page.

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5	8	7	3	2	6	4	9	1
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6	1	2	4	8	9	7	3	5
7	5	8	2	6	3	9	1	4

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mayMadness auction MAY 9-12

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No purchase necessary. Contest open to residents of Ontario who have attained the age of 18 at the start of the Contest Period and who have registered for the May 9-12 Metro News Auction. Limit of one entry per person, per email address. Odds of winning depend on the number of eligible entries received. One (1) prize is available to be won, consisting of a 1 –night weekend stay for 2 in a Majestic King room at ARC TheHotel, breakfast for 2 valued at $30 per person and complimentary Valet parking (retail value of 360. CDN). Contest Period opens 9am ET, May 3, 2016 and closes at 9pm ET on May 12th, 2016. For full contest details and rules, visit ***metronews.ca/auctionrules***.

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